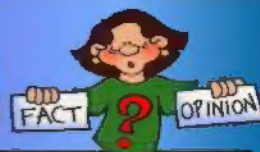




# Young people on the move



There are thousand and one different ways to go with gap year **VOLUNTEERING**, from charity work to teaching English in a rural school, either at home or abroad. Young people can also sign up with a gap year company or charity that runs volunteering projects, or if they have a specific idea in mind there is a lot of scope for those who want to organise their own adventure.



Thomas Jones, 21 from Hertfordshire, volunteered when he was 18, helping a young man with Cerebral Palsy to live independently in his family home for 6 months.

Thomas says: "I finished my A Levels but felt that I wasn't ready to attend university. I wanted new experiences and different perspective on life before I embarked on more education. The volunteering opportunity gave me time to think about what career I wanted after university. I'm seriously considering going back to CSV to do some more volunteering, and then pursuing a career working with people with disabilities. I wrote down my volunteering experience in my UCAS application for university and I had 5 unconditional offers. I didn't get great A Level results; I think the university course leaders were very impressed with my voluntary gap year."

**TRAVEL** offers the opportunity to test your independence, develop some skills for future employers, learn a new language or simply broaden your horizons.

Living and working in another country allows you to experience another culture first hand while gaining and developing many of these new skills. Meet new people, try new foods, have new adventures! Take advantage of your time abroad to expand your horizons academically and personally. At the end of a summer, semester or year abroad, come home filled with stories about your experiences, and excited to share them with others!



1. What is a gap year?
2. What can students do during their gap year?
3. Do students in your country go directly to university/college after school or do they have a break first?
4. Which are the benefits of taking a year out?
5. What difficulties may students have to face when they go abroad to study?
6. Would you like to take a year out? Why (not)?
7. What would you like to do during your gap year? Why?

## STUDY AND GO ABROAD

STUDY • TRAVEL • WORK • VOLUNTEER

Gaining work experience in another country adds an extra dimension to your CV.



- a. What is the project Youth On The Move about?
- b. Do you think it is important to have projects like this? Why (not)?

**STUDYING ABROAD** is something that many students wish they could do, but very few actually act that upon. Vanessa Frisina will be travelling to Italy to study abroad and expand her horizons.

"I knew I wanted to study abroad since I was in high school," said Frisina. "I have always been fascinated with living in another country and then I learned I could do it... and it instantly became something I put on my to-do list!" Frisina chose to travel to Italy next quarter because of her Italian heritage. Having travelled there before, she realized the food and culture there appealed to her. "I have been there before, and fell in love with it," she said. Though she doesn't know the language and will be taking classes in English, Frisina is learning basic Italian phrases to ensure that she won't be lost while outside of classes exploring the country. "I just don't want to get lost," she added, "and asking for directions could be a little difficult because I don't know the language well enough." Traveling in a different country can be a nerve-wracking experience for anyone, especially a student alone and living in a place where the primary language is one aside from your own, but Frisina is embracing it. "I am most nervous about not knowing how to get around or not knowing the city," she said. "My first goal is to make one friend who knows the area and will help me get around."



**Youth on the Move** Five million young Europeans are looking for a job. Many of them will miss opportunities because they lack the right qualifications or experience. Part of the EU's new Europe 2020 strategy, Youth on the Move proposes 28 key actions aimed at making education and training more relevant to young people's needs and encouraging more of them to take advantage of EU grants to study or train in another country. This will increase young people's employability and access to the labour market.

